Looxmaxing Full NOBULLSHIT Guide:

Complete Guide Summary

Each section provides detailed instructions, personal experiences, and practical tips for implementation, creating a comprehensive approach to physical transformation and facial and physical aesthetics.

1. Mewing Transformation

- Progress documented through 7 stages of transformation photos
- Before and after photos showing significant facial structure improvements
- How to Mew
- Benefits include improved jawline definition and elimination of double chin

2. Low Body Fat and Facial Definition

- Importance of maintaining around 12% body fat for facial definition
- Combination of bodybuilding and cardio (particularly MMA, wrestling, swimming)
- Focus on overall physical fitness for facial aesthetics

3. Clean Eating and Diet

- Detailed meal plan including breakfast, lunch, and dinner
- Emphasis on whole foods and natural ingredients
- Supplement recommendations (Vitamin D, multivitamins, omega-3, whey protein, creatine)
- Importance of avoiding drugs, alcohol, and smoking

4. Chewing Exercises How to have a wider Jaw

- Before and after photos showing significant facial structure improvements
- Use of specific gums (Mastic chios and Fanlim) for jaw development
- My opinion on jawliner exercices
- How to have hollow cheeks

5. Physical Health and Bodybuilding

- Comprehensive transformation through weight training
- Focus on 3-4 day workout splits
- Balance between strength training and cardio
- Importance of consistency and sustainable routine
- Impact on overall appearance and confidence

6. Wisdom Teeth Experience

- Detailed account of wisdom teeth removal
- Recovery process and maintenance of facial aesthetics
- No negative effects on jawline after 5 months

7. Posture and Breathing

- Connection between proper posture and facial development
- Breathing techniques for optimal results

- Integration with overall physical development

8. Hydration and Skincare

- Simple Skin care
- Importance of Hydration

9. Sleep + Sun + Suppments

- Importance of Sleep + Sun
- Which Supplements I use

10. Extra : Mental health + NO Porn + Semen Retention

- How to have good mental health
- Why you should never watch porn what to do instead
- Life changing knowledge !!!!!! about Semen retention

Mewing : My Mewing Transfomation :

You can Zoom on the photo in pdf to really see the changes !!

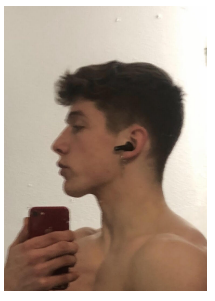
1 st picture : i learned about self

2 nd picture : a year after , puberty enabled me

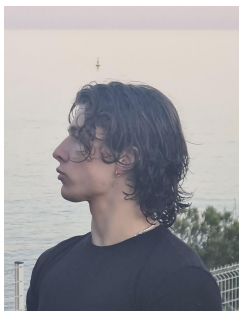
3 rd picture : i continued trying mewing

4 rth picture : finally succeeded mewing with

5 th picture : mastered mewing , i was putting



6 th picture : bodybuilding + mewing +



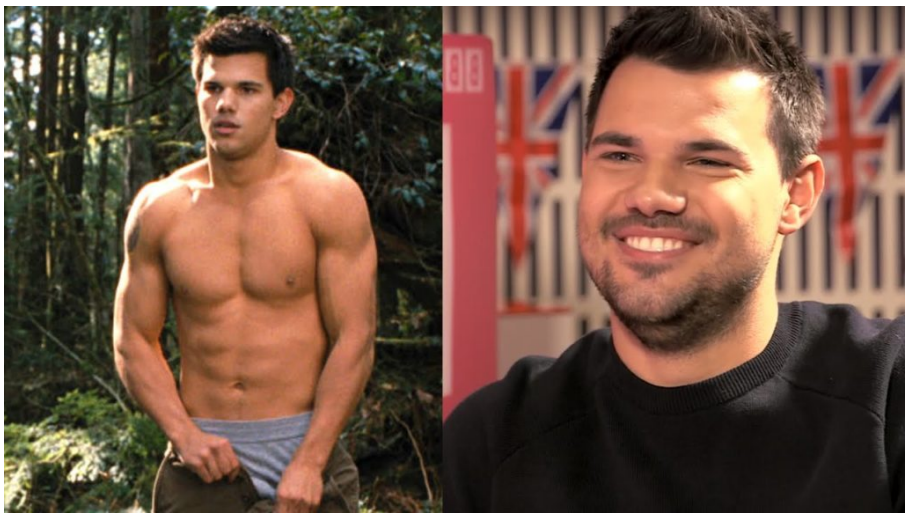
7 th picture : end of my transformation

improvment and started learning about mewing i had a recessed jawline , poor posture , no masseter muscle , no muscle , visible double chin	to have a better jawline but i still didn’t succeed into having the proper mewing technique : better jawline but poor posture , no masseter muscle , no muscle , visible double chin	without sucess same as picture 2	a proper tongue posture : Way better jawline , better posture , start to have masseter muscle , started to do bodybuilding , you can clearly see the double chin completly disapearing (meaning that i succeeded into having my tongue to the roof of my mouth) !!	scoth on my mouth before bed Same as 4 rth picture but with little improvement in every field	chewing+ healthy lifestyle creating crazy jawline again small improvement in every field	bodybuilding + mewing + chewing + all habits = chad jawline Crazy square jawline , perfect posture , very visible masseter muscle , visible hollow cheek in natural lightning , no double chin , muscular neck , muscular physique .

- I started with **normal mewing** by resting my tongue against the roof of my mouth and practicing consistently until I succeeded. To check if I was doing it correctly, I used a simple method: placing my thumb under my chin. If I noticed a double chin, it meant my posture was incorrect, and I wasn’t mewing properly. If there was no double chin, I knew I was maintaining the correct posture.
- **Mewing**, which focuses on proper tongue posture, was the first step in my transformation. Resting the tongue on the roof of the mouth instead of the bottom can improve jawline definition and overall facial structure. While the most dramatic results occur during adolescence, consistent mewing can still enhance your face at any age.
- Mewing significantly improved my attractiveness by eliminating my habit of **mouth breathing** and completely refining my jawline, getting rid of my double chin. The rest of my transformation came from other habits outlined in this guide.

Low Body Fat and Facial Definition :

- **My Personal Experience**:
  - During my mewing transformation, I personally **gained weight** rather than losing body fat.
  - For me, body fat percentage reduction wasn’t a factor, but it’s important to note that this isn’t the case for everyone.
- **The Role of Body Fat in Facial Definition**:
  - For many people, **losing body fat** plays a critical role in achieving a leaner, more defined face.
  - By reaching a body fat percentage of **12% or lower**, features like the **jawline** and **cheekbones** become



more visible, giving the face a more sculpted appearance.

- **How to Lose Body Fat Effectively and be healthy** :
  - Combine **bodybuilding** for muscle development with a form of **cardio** that you enjoy.
  - Examples of effective cardio activities include:
    - **MMA** (Mixed Martial Arts) – My personal choice, specifically focused on wrestling and Brazilian Jiu-Jitsu (BJJ) to avoid injuries like a broken nose.
    - **Swimming**
    - **Running**
    - **Football (soccer)**
  - The key is to **choose an activity you enjoy** so you can stick with it consistently.

Clean Eating + Diet :

Lifestyle Commitment

- I've made a personal commitment to **never use drugs, alcohol, or smoke** for several reasons:
  - I prioritize my **health**, **mental clarity**, and **overall well-being**.
  - These substances can have harmful effects on the **body** and **mind**, and I want to maintain full **control over my life** and decisions.
  - Staying clean allows me to remain focused on my **goals** and live a more fulfilling, balanced life.

My Ideal Diet

- I'm not a diet expert, but this is the plan I follow (or aim to follow more strictly if I had more resources).
- I believe this diet supports a **healthy lifestyle**, **muscle gain**, and overall well-being:
  - Focus on **natural, whole foods**.
  - Avoid **processed foods**, as they are often high in sugar and unhealthy fats.
- Benefits I've noticed:
  - Improved **skin health** and **appearance**.
  - Reduced acne and a clearer, brighter complexion.
- **Core foods** I aim to include regularly:
  - **Vegetables**
  - **Fruits**
  - **Lean proteins** (e.g., chicken, fish, eggs)
  - **Nuts** and healthy fats

Supplements

Here's the supplement routine I follow to support my health and training:

- **Vitamin D**: With breakfast.
- **Multivitamins** (includes zinc, magnesium, and other nutrients): 1 hour before bed.
- **Omega-3**: With my first meal of the day.

- **Whey Protein**: In a morning **milkshake**.
- **Creatine**: 3g before working out or MMA training.

My ideal Diet :

Breakfast:

- **Whole Foods:**
  - 1 whole avocado
  - 3 Brazil nuts
- **Milkshake:**
  - Almond milk or whole milk (330 ml)
  - Rolled oats (250 ml)
  - 1 banana
  - 1 tablespoon of honey
  - 1 plain yogurt
  - Canned fruit (optional)
  - Whey protein

Meal 1:

- **Veggie Omelette:**
  - 5 eggs
  - Mushrooms
  - Spinach
  - Broccoli
  - Bell pepper
- **Sides:**
  - 2 buttered toasts
  - Cherry tomatoes
- **Pre-Workout:**
  - Creatine

Meal 2:

- Rice
- 2 chicken thighs
- Broccoli
- Soup

Meal 3:

- 500 g potatoes
- 1 frozen white fish fillet (e.g., hake)
- Mixed vegetables

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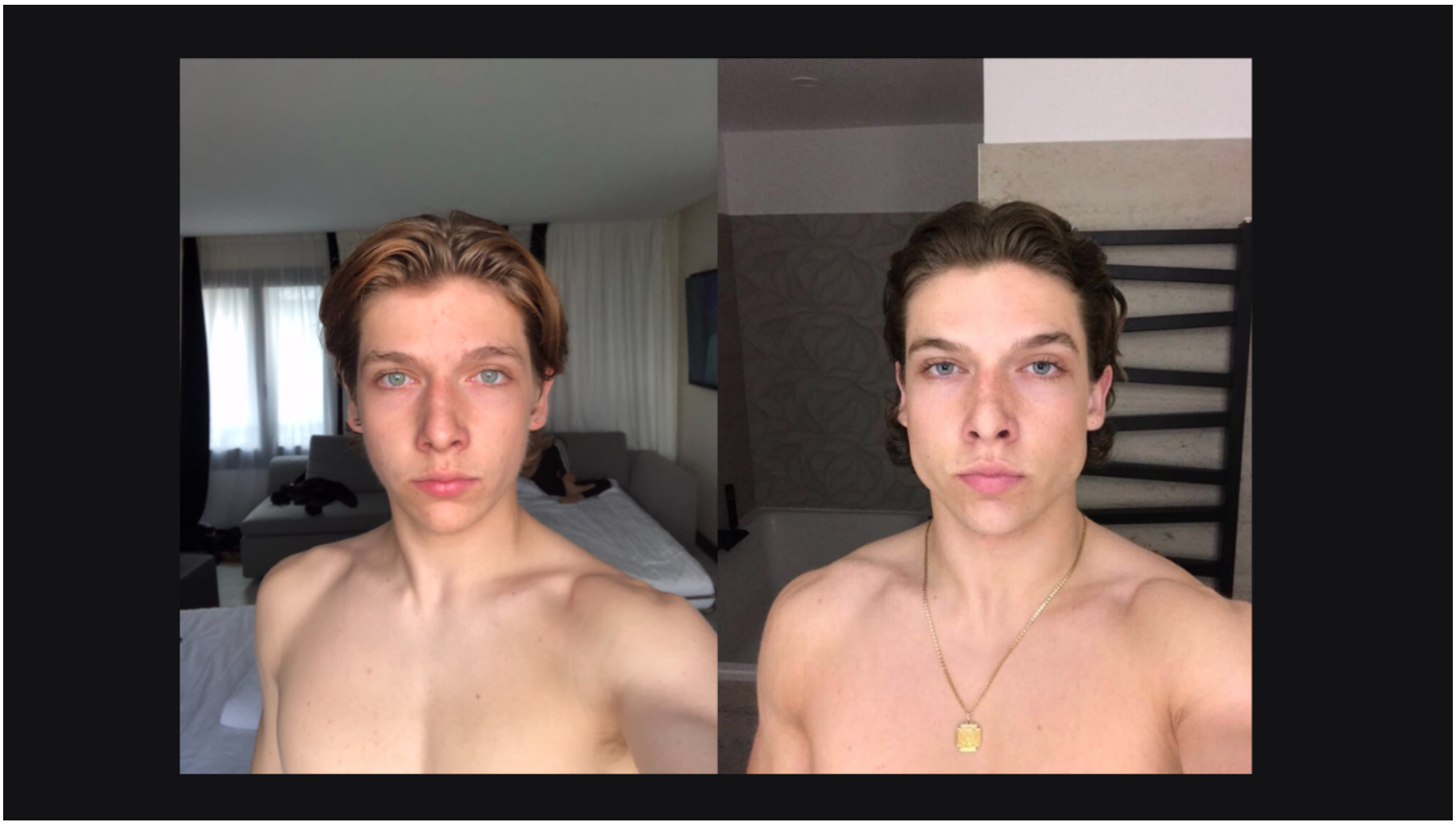
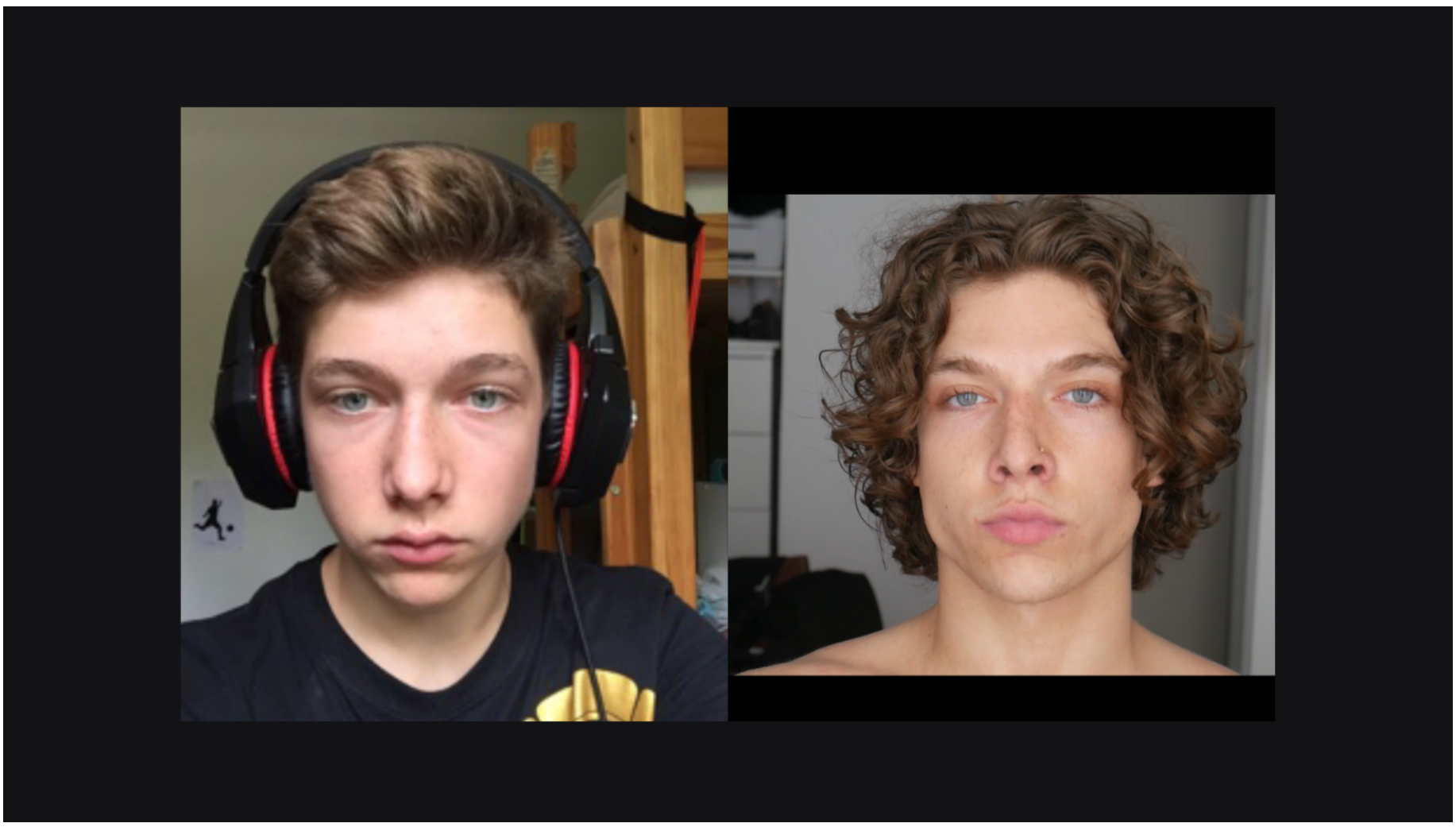
if you are lean Bulking then Meal 4

- **Ingredients:**

- Pasta (your choice: spaghetti, penne, etc.)
- Tomato sauce
- Ground beef (cooked with onions, garlic, and spices)

Chewing Gum —) wider face and masseter muscle :





Transformation Through Bodybuilding and Jawline Training

In my before-and-after photos, the changes in my appearance are clear:

- **Bodybuilding** played a huge role in making my physique more masculine by developing:

    - **Wider shoulders**
    - A **bigger and stronger neck**
    - **Traps, pecs**, and other muscle groups that enhance overall masculinity.
- **Testosterone** levels naturally affected my appearance, contributing to muscle growth and masculine features.

Additionally, my **jawline** became significantly **wider** and my face more defined due to consistent jaw training with chewing gum.

How Chewing Gum Improves Jawline and Facial Definition

- Chewing gum with a **wide up-and-down motion** activates and strengthens the muscles around the jaw and cheeks, specifically the **masseter muscles** (responsible for jaw movement).
- Over time, this process leads to:
    - **Toned and strengthened jaw muscles**
    - A more **hollowed-out appearance** in the cheeks, enhancing facial contours.
    - A **leaner, more angular facial structure** with a more defined and masculine look.

My Results

- Chewing gum consistently gave me:
    - A **wider jawline**
    - A **more masculine appearance**
    - **Hollow cheeks** and a more defined face.

Chewing Gums I Used

I only used two specific types of gum for jaw training:

1. Mastic chios gum

2. Fanlim gum

Chewing Gum Routine for Jawline Training

- **Fanlim Gum**:
    - Take **3-4 pieces of gum**, combine them into one, and chew.
    - This makes it easier to engage your jaw muscles and apply more resistance.
- **Mastic Gum**:
    - Take **4-6 Chios mastic pieces**, form them into a medium-sized ball, and chew.
    - This gum is firmer and more challenging to chew, which enhances the results.

Alternating Between Gums

- **Alternate your chewing routine**:
  - **Option 1**: Alternate between the two types of gum every other day.
  - **Option 2**: Chew one gum in the morning, and switch to the other brand later in the day.

Progressive Overload for Maximum Results

- Start with **30 minutes of chewing per day** and gradually increase the time each week.
- I personally chew for **2-3 hours per day**, which has shown significant results.
- The goal is to progressively overload your jaw muscles to stimulate growth.

Mastic Gum vs. Fanlim Gum

- **Mastic Gum**:
  - It's **healthier** because it's made from tree sap.
  - It's **enjoyable to chew** and **harder** than Fanlim gum, giving you **better results**.
  - If you had to choose one, **Mastic Gum** is the way to go.
- **Both gums are effective**, but i prefer mastic gum.

How Long to Keep the Gum

- You can **keep the gum for 3-4 days** before needing to replace it.

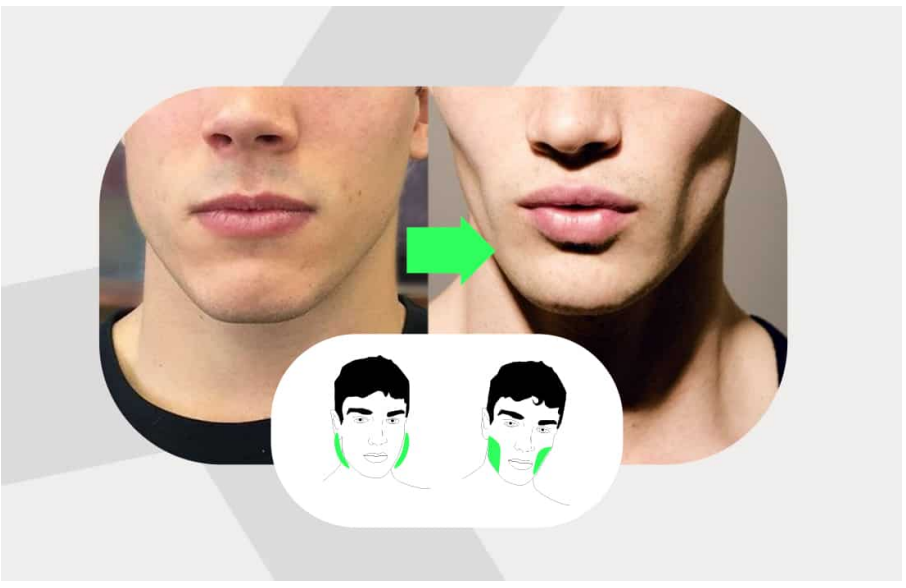
Optimal Gum Size and Chewing Technique

- The gum should be **substantial enough** that it forces your jaw to move significantly.
- Your jaw should **open wide enough** to properly engage the muscles and stimulate growth.
- This chewing technique will also contribute to a **hollowed-out appearance in your cheeks**, enhancing your facial contours.

My opinion on jaw exercices ?

- Tom platz a bodybuilder in order to have a crazy over the top masseter muscle used to chew a rumber band or ball so I tried Jaw exercices , they worked and gave me masseter muscle pump but they broke after few weeks and **i didn't think they were worth the every week investment** .

Hollow cheek :



How Chewing Gum Improves Jawline and Cheek Definition

- Chewing gum with a **wide up-and-down motion** activates the muscles around your jaw and cheeks.
- This motion **strengthens the masseter muscles**, leading to:
  - **More defined cheekbones**
  - A **hollowed-out cheek appearance** over time.

My Method for Developing Hollow Cheeks

The only two factors I believe contributed to my hollow cheeks are:

1. **Chewing Gum** (as explained earlier)
2. **Low body fat percentage**

Additional Advice (Optional)

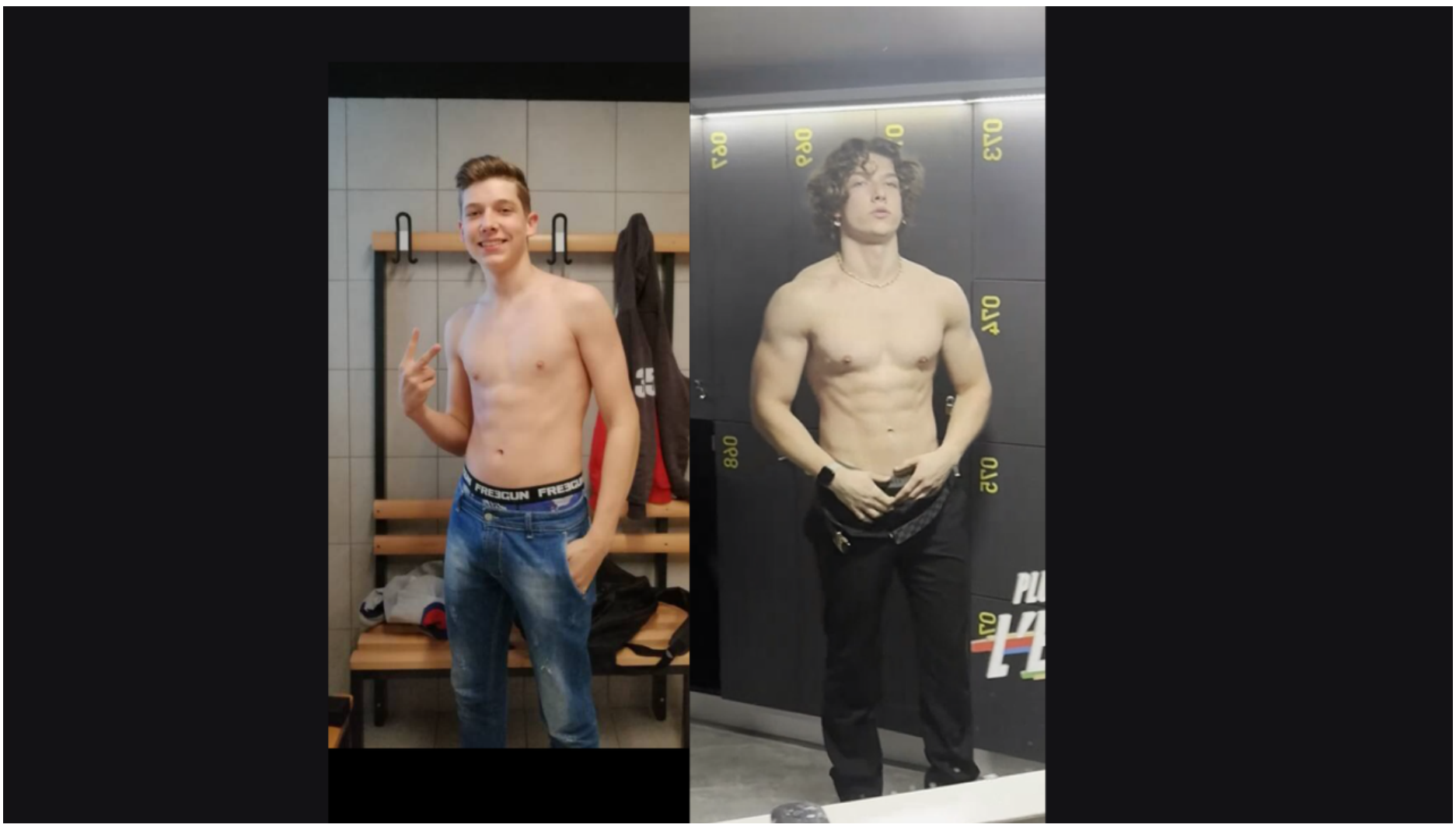
- While I didn't personally focus on this, **mewing** suggests that to **atrophy the buccinator muscle** (responsible for cheek fullness) and achieve a more hollowed-out look, you should:
  - **Eat very small amounts of food**
  - **Maintain perfect and proper swallowing posture**
- **I didn't focus on this technique**, but it's something you can try if you want to experiment.

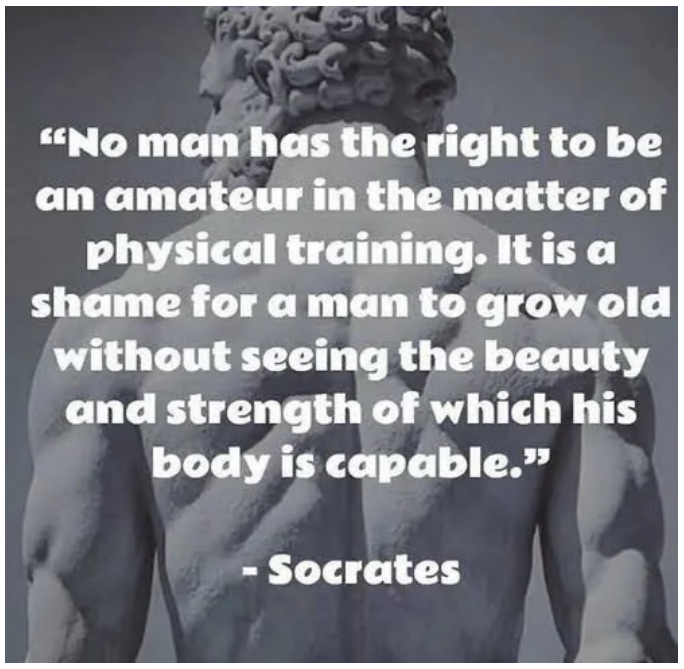
What Worked Best for Me

For me, the **best results** for hollow cheeks came from:

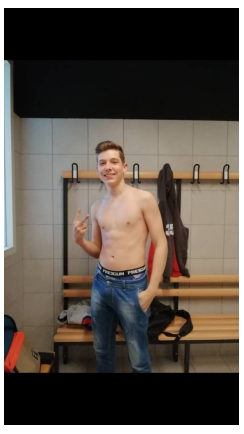
- **Chewing gum**
- **Sports and bodybuilding**

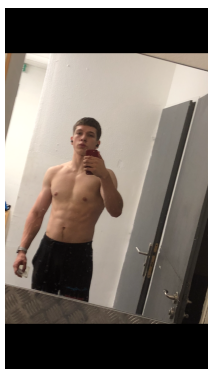
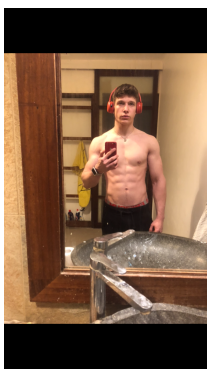
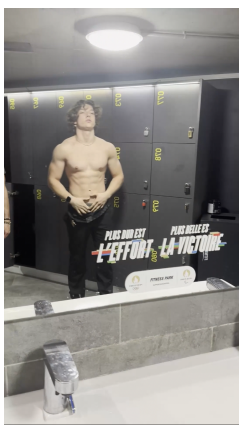
Physical Health and building an aesthetic physique:




“No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.”
- Socrates

My full transfomation :



The Importance of Bodybuilding for Lookmaxing

Bodybuilding is the **most important factor** in lookmaxing because it transforms your physique by:

- **Building muscle** and **reducing fat**, giving you a leaner, more defined, and balanced body.
- Improving **posture** and **confidence**, which enhances your overall appearance.
- Creating a **muscular, sculpted body**, which is key to looking more masculine and attractive.

Benefits of Bodybuilding

1. **Physique Transformation**:
   - Weightlifting or bodyweight exercises develop muscle mass, reduce fat, and contribute to a stronger, healthier body.
   - A well-built physique naturally complements your **facial features**.
2. **Boosts Testosterone**:
   - Lifting weights increases testosterone levels, which helps build **stronger, more defined features** like a thicker neck and broader shoulders.
3. **Confidence and Self-Perception**:
   - A more attractive, muscular body boosts **self-confidence** and changes how you carry yourself.

- **Posture improves**, and you start to project strength and assurance.

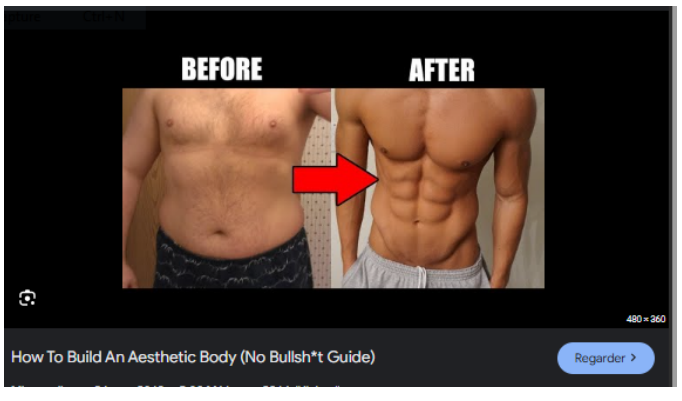
4. **Social Perception**:
   - Physical attractiveness plays a critical role in how you're perceived and treated by the world.
   - When you look more attractive:
     - You're often treated with **kindness, respect, and more opportunities**.
     - Your **self-confidence** grows, leading to a cycle of improvement.
5. **Mind-Body Connection**:
   - Increased confidence can:
     - Foster more **positive thoughts**.
     - Reduce stress, which can even **strengthen your immune system** and improve overall well-being.
   - This positivity allows you to present yourself as more **vibrant, assured, and attractive**, reinforcing the cycle of growth and self-improvement.

Why Hitting the Gym is Essential

- If you've **never trained** or hit the gym before adulthood, you'll often lack the physical attributes that make you look strong and masculine.
- Simply put: **Hitting the gym makes you look like a man**.

Final Thought

Bodybuilding doesn't just change your body—it changes your life. By building a stronger physique and mindset, you enhance your attractiveness, confidence, and the way the world sees you. It's the single most effective way to take control of your appearance and unlock your full potential.



watch this video by Hamza ahmed

Optimal Workout Routine for Lookmaxing

To build and maintain a muscular physique without burnout, follow a **3-day or 4-day workout split**:

- This provides enough training for **muscle growth** while being manageable for the long term.

Incorporate Cardio

- Balance your weightlifting routine with **1 or 2 cardio sessions per week**.
  - Personally, I do **MMA** (Mixed Martial Arts), which combines cardio and strength training.
  - Other cardio options include:
    - Running
    - Swimming
    - Cycling
    - Football

- Choose an activity you **enjoy** to stay consistent.

Why Less is More

- **Training 3-4 days a week** is ideal for most people.
- There’s no point in going to the gym more than 4 days unless you want to become a **professional bodybuilder**.
- A **sustainable routine** ensures long-term progress, which will lead to **better results** over time.

My Wisdom Teeth Removal Experience: Did It Affect My Jawline?

All the pictures in this PDF are from *before* the wisdom teeth removal surgery.

Why I Was Concerned Before Surgery:

Before the procedure, I researched wisdom teeth removal on Reddit, and opinions varied widely:

1. **Positive Takes**:
   - Some claimed the surgery created a more hollow cheek appearance, often associated with a "Hollywood look."
   - It’s said that certain celebrities may use this to achieve a sharper facial structure.
2. **Negative Takes**:
   - Many Others reported regretting the surgery, claiming it ruined their jawline, destroyed their facial aesthetics, or led to loss of bone mass.
   - These warnings were alarming and made me nervous about proceeding.

Why I Still Chose to Have Surgery:

Despite the warnings, I went ahead because my wisdom teeth were causing significant jaw pain. My decision was based on necessity, not aesthetics.

My Surgery Details:

- **Genetics**: I only had two wisdom teeth in my lower jaw; my upper wisdom teeth never developed.
- **Procedure**: The surgery was quick (15 minutes) and straightforward with a good doctor.
- **Recovery**:
  - Swelling lasted for 2 days and then subsided.
  - For one week, I ate soft foods, which temporarily made my jawline appear less defined.
  - After resuming gum-chewing exercises, my jawline quickly returned to its usual sharpness.

Key Takeaways The Final Outcome (5 Months Later):

- After carefully examining my before-and-after photos and closely studying my jaw, I can confidently say there is absolutely 0 change in my jawline or bone structure following the surgery and 5 month after the surgery when i am writing this .
- **Hollow Cheeks?**: My cheeks might look a few millimeters more hollow, but it’s hard to say if that’s due to the surgery or simply lower body fat.
- Temporary changes (like a less sharp jawline during recovery) resolved quickly once I resumed my habits.
- **Improvement in Appearance**: I feel like I look better now, and my jawline is even sharper, but this is likely due to consistent practice of good habits (like mewing and chewing exercises), not the surgery.
- It’s essential to prioritize health—my surgery was necessary for jaw pain relief, and the aesthetic concerns turned out to be unfounded (in my personnal experience).

Posture and Breathing :

- Maintaining good posture and breathing through the nose are vital for facial aesthetics. Poor posture can lead to a double chin or a less confident appearance, while nose breathing prevents mouth breathing, which can negatively affect facial development over time.

always try to breath through the nose all the time .

- mouth taping before going to bed is great because it disables you from ever mouth breathing during sleep

Hydration and Skincare :

every skin care routine is super expensive and complicated , mine worked and is super simple :

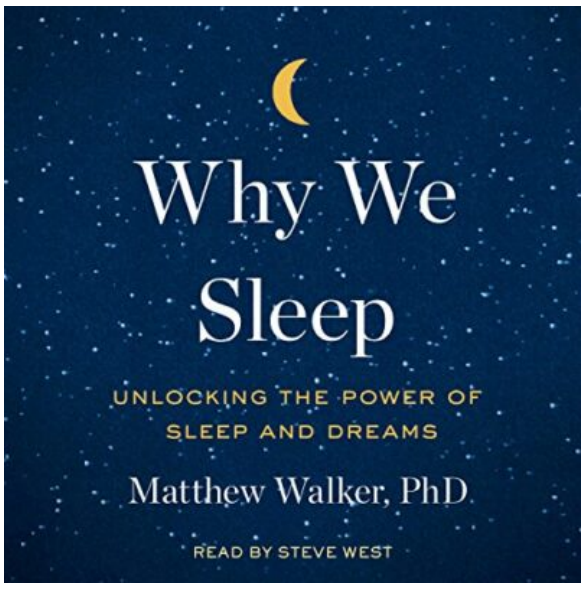
morning and night moisturizer ; and night foaming cleaser

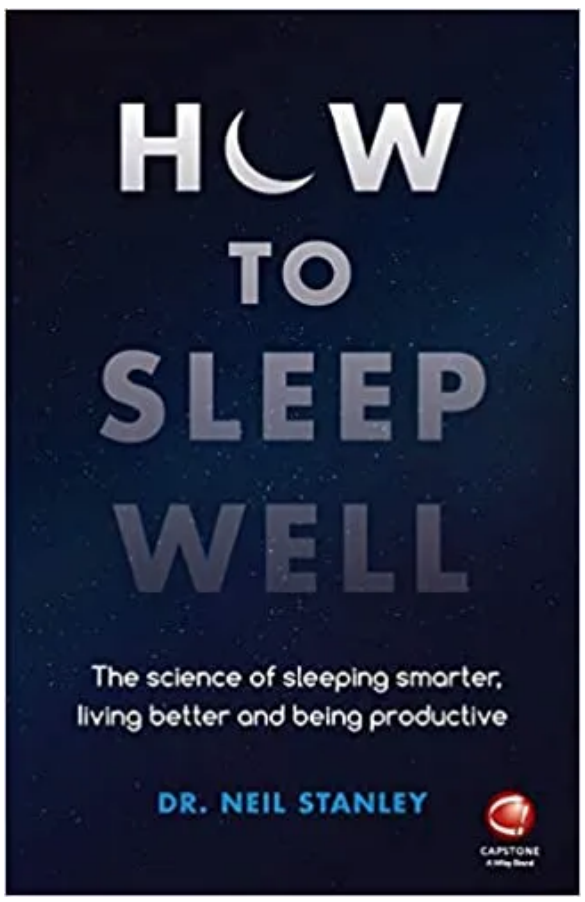
CeraVe
DEVELOPED WITH DERMATOLOGISTS
Moisturising Lotion
For Dry to Very Dry Skin
Moisturises and helps restore the protective skin barrier of the face and body
With 3 essential ceramides & hyaluronic acid
FRAGRANCE FREE
Lait Hydratant
Peaux Sèches à Très Sèches
Nourrit, hydrate et aide à restaurer la barrière protectrice de la peau. Visage et corps
Aux 3 céramides essentiels et acide hyaluronique
SANS PARFUM
8 FL OZ/236 ml

CeraVe
DEVELOPED WITH DERMATOLOGISTS
Foaming Cleanser
For Normal to Oily Skin
Cleanses and removes oil without disrupting the protective skin barrier of the face and body
With 3 essential ceramides, niacinamide, & hyaluronic acid
FRAGRANCE FREE
Gel Moussant
Peaux Normales à Grasses
Nettoie et élimine l'excès de sébum sans altérer la barrière protectrice de la peau
Aux 3 céramides essentiels et acide hyaluronique
SANS PARFUM
16 FL OZ/473 ml

- Staying hydrated by drinking ample water each day promotes healthy, clear skin and reduces wrinkles. A simple skincare routine , consisting of cleansing and moisturizing, + sun bathing can further enhance your facial appearance.

Sleep :





Adequate sleep (7-9 hours) is crucial for overall health and skin regeneration. Lack of sleep can result in dark circles, puffiness, and a tired look, while proper rest helps the body repair itself, leading to a fresher, more vibrant face.

Sleep is essential for our physical health, mental well-being, and overall quality of life. It allows the body to repair itself, the brain to process information, and the immune system to strengthen.

Not getting enough sleep can have severe consequences, such as:

- **Cognitive decline**: Poor memory, reduced focus, and slower decision-making.
- **Weakened immune system**: You get sick more easily.
- **Increased risk of chronic diseases**: Lack of sleep is linked to heart disease, diabetes, obesity, and even shorter life expectancy.
- **Mood issues**: Sleep deprivation causes irritability, anxiety, and depression.
- **Accidents**: Fatigue can impair reaction time, leading to accidents at work or on the road.

In short, sleep isn't a luxury—it's a necessity for survival and optimal functioning.

Read books on Sleep , and you will understant the crazy impact sleep has on our lifes .

"Short sleep duration (less than 6 hours per night) is associated with a 12% higher risk of premature death." — *Source: Sleep Medicine Reviews*

Suplements :

Taking supplements like vitamin D, zinc, magnesium, creatine, whey protein, and omega-3 can significantly enhance your overall appearance and health, especially if you have a deficiency or during the winter months when sunlight and nutrient levels are lower. These supplements support vital processes like immune function, muscle maintenance, and skin health, helping you look healthier, more vibrant, and better nourished.

Take vitamin D in the morning with a meal

omega 3 during the day

and zinc and magnesium 1 hour before bed .

Sun :

The sun is essential for both your appearance and overall health. Sunlight triggers your body to produce vitamin D, which is crucial for healthy bones, immune function, and hormonal balance—all of which contribute to glowing skin, strong hair, and overall vitality. Moderate sun exposure improves circulation and stimulates collagen production, enhancing skin elasticity and radiance. Additionally, sunlight boosts mood by increasing serotonin levels, which can improve your energy and confidence, making you look and feel healthier. However, it's important to balance sun exposure with proper skincare to avoid damage and aging.

Conclusion :

Consistency and Patience + genetics

The Journey to Lookmaxing

- I set a goal to **maximize my appearance** and implemented the necessary habits and routines to achieve it.
- Without obsessing over the outcome, I stayed consistent, and after a few years, I looked back and was **amazed by the transformation**.

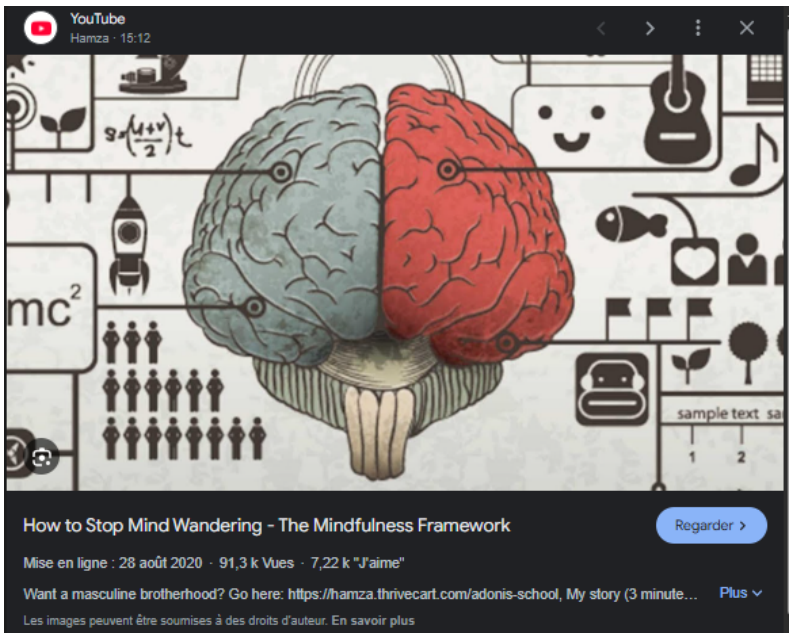
Genetics vs. Effort

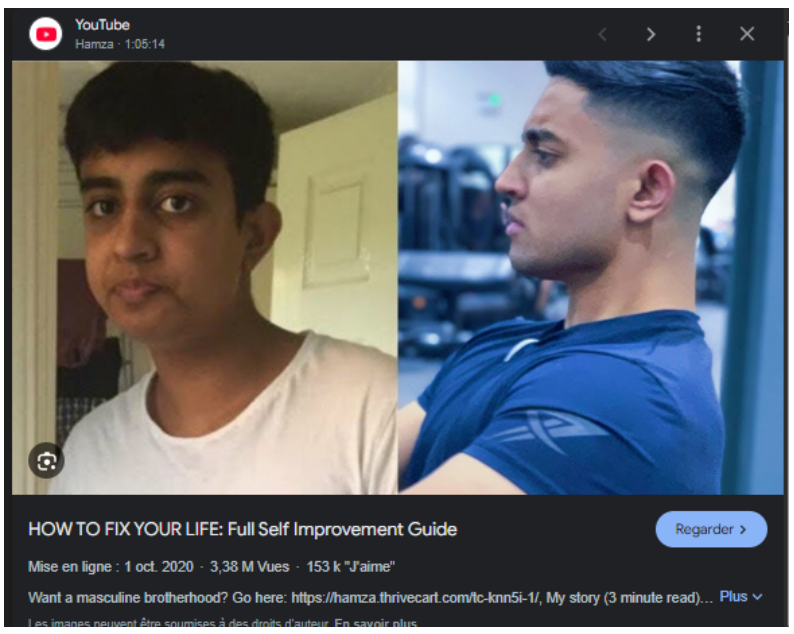
- While I had some **genetic predispositions** that provided a good starting point, I want to emphasize:
  - My results were primarily due to **dedication** and **consistent effort**.
  - Genetics alone wouldn't have achieved what I've accomplished. It's the **discipline** that made the real difference.

Consistency and Patience Are Key

- Improving your facial attractiveness and overall appearance takes:
  - **Time**
  - **Consistency**
  - **Patience**
- Results don't happen overnight, but if you remain committed, the gradual improvements will accumulate. Over time, this dedication will significantly enhance both your **appearance** and **confidence**.

Bonus :


YouTube
Hamza · 15:12
How to Stop Mind Wandering - The Mindfulness Framework
Regarder
Mise en ligne : 28 août 2020 · 91,3 k Vues · 7,22 k "J'aime"
Want a masculine brotherhood? Go here: https://hamza.thrivecart.com/adonis-school, My story (3 minute…
Plus
Les images peuvent être soumises à des droits d'auteur. En savoir plus


YouTube
Hamza · 1:05:14
HOW TO FIX YOUR LIFE: Full Self Improvement Guide
Regarder
Mise en ligne : 1 oct. 2020 · 3,38 M Vues · 153 k "J'aime"
Want a masculine brotherhood? Go here: https://hamza.thrivecart.com/tc-knn5i-1/, My story (3 minute read)…
Plus

How to Improve Your Mental Health:

4 Steps to Transform Your Well-Being:

1. **Watch the Science of Well-Being Course**

   Take the free, life-changing course by Yale Professor Laurie Santos. It's a scientifically-backed guide to building happiness and well-being.

2. **Practice Meditation and Mindfulness**

   Begin meditating daily to train your mind. Over time, this will cultivate mindfulness in everyday life, which can help break free from addictions and negative habits.

   > "As soon as we control where consciousness goes, we control where energy flows. As soon as we control where energy flows, we control what manifests in our lives. Meditation is the art and science of directing consciousness."

3. **Embrace Gratitude**

   Regularly practicing gratitude is a proven way to boost happiness and improve your outlook on life.

4. **Disconnect from Social Media**

   Reduce or eliminate social media use to declutter your mind and reclaim your time for meaningful activities.

Additional Resources:

- **Videos by Hamza Ahmed**:
  - "How to Stop Mind Wandering and Maladaptive Daydreaming"
  - "Full Self-Improvement Guide to Fix Your Life"

No Porn :

No porn :

One answer) I consider **everything** to be porn.

What's the point of browsing a Facebook gallery full of women in yoga pants?

What's the point of watching YouTube videos of girls dancing in shorts? And...

What's the point of sexting, webcams, phone sex, fantasizing constantly, reading erotic stories, browsing dating profiles (without the intention of contacting them), typing pornstar names on Google image search, checking out girls on social media sites, etc?

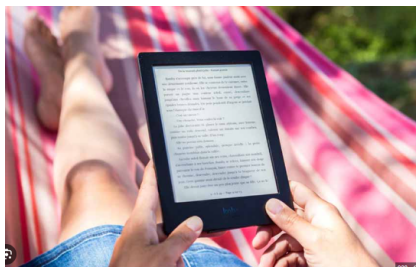
All of these activities will increase your urge to masturbate. They reinforce the very same pathways you're trying to weaken. They keep your mind occupied with sexual thoughts, tits, asses, fucking, getting off, hot chicks, etc. And they make rebooting much more harder and painful. They serve no real meaningful purpose.

You either try to get laid (approach girls, set up dates, flirt with women, contact friends, go out regularly) or you do something completely unrelated to sex (work, study, exercise, hang out, watch movies).

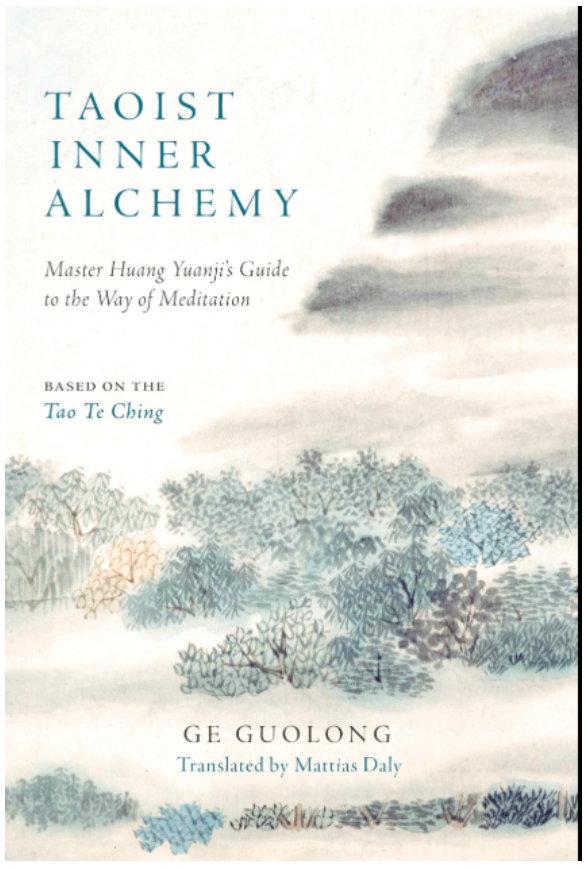
This grey area of constantly checking out chicks online will accomplish nothing. The whole idea is to move away from that artificial/fantasy world and into the **real world**.

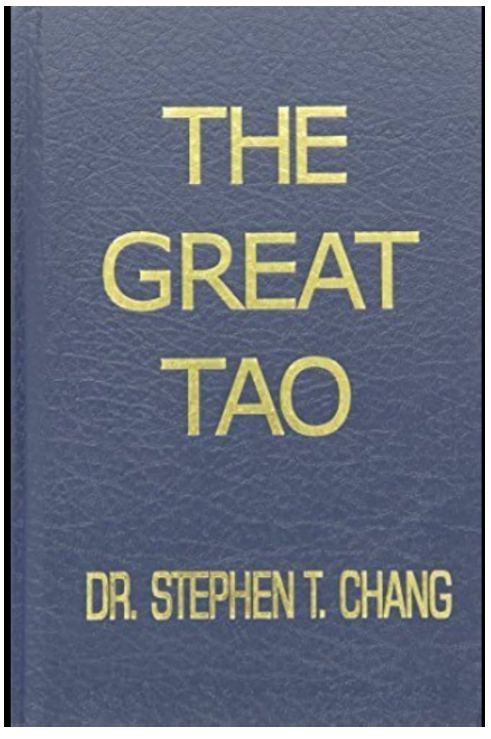
I'm not saying that you're "relapsing" if you check out some bikini galleries online. All I'm saying is that you should treat them as porn and stay away from them. They are an obstacle to our ultimate purpose (***real girls, real sex, real relationships).***

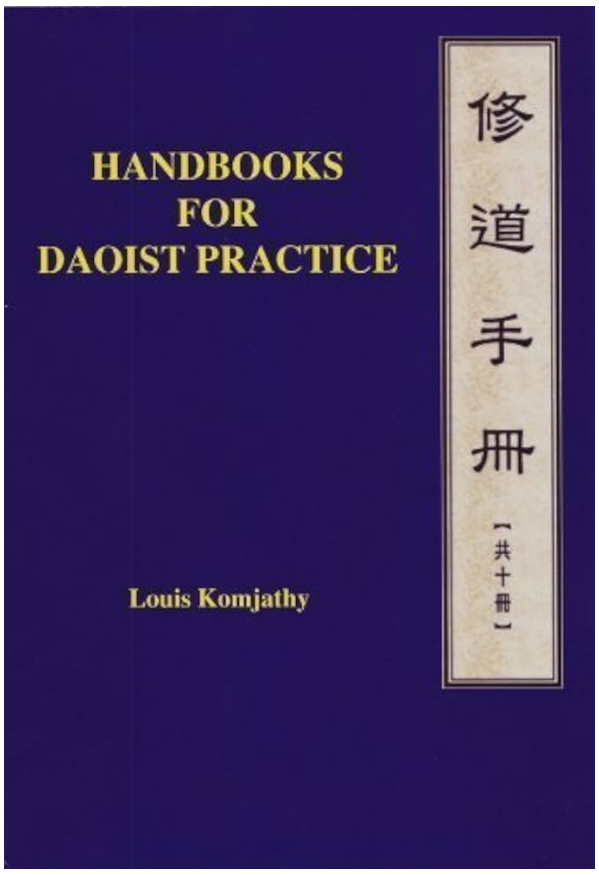
Semen rentention :

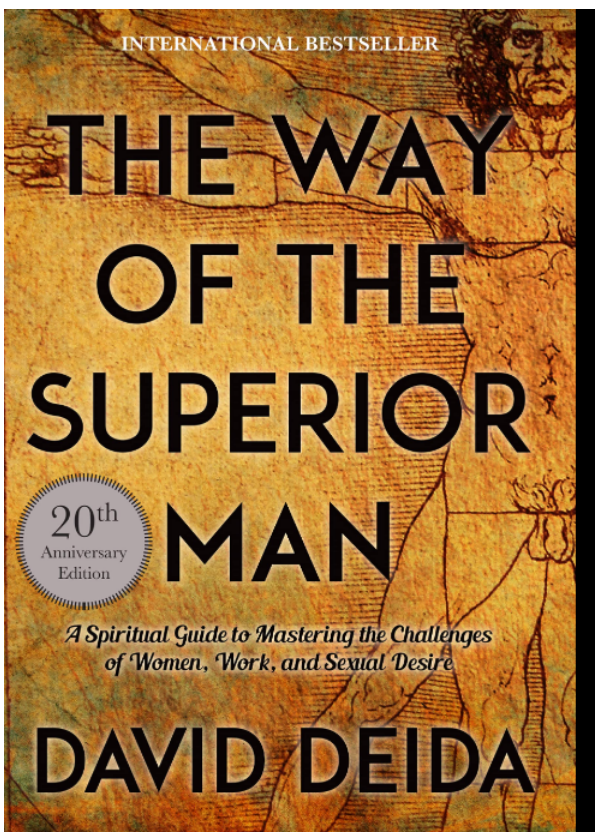


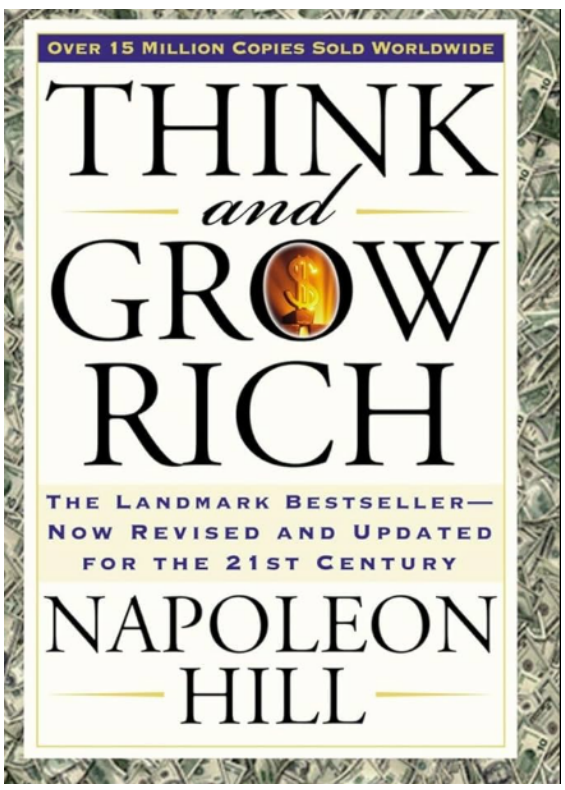
books that have theoric and also some practical knowledge (dowload them for free on z librairy , and with a kindle and calibre app you can read everything) : way of the superior man , think and grow (rich chapter 11) , coiled serpent , practice of Brahmacharya etc.

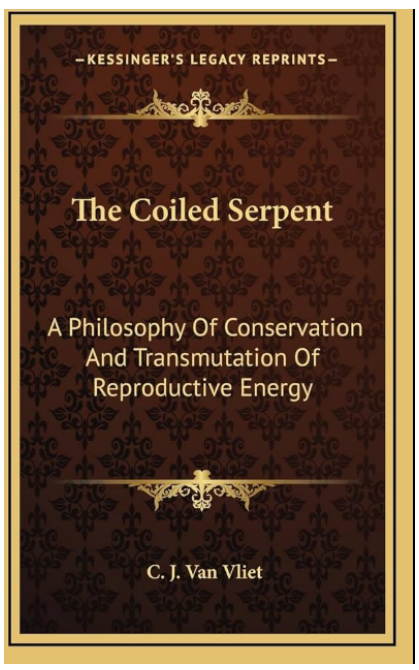

TAOIST
INNER
ALCHEMY
Master Huang Yuanji's Guide
to the Way of Meditation
BASED ON THE
Tao Te Ching
GE GUOLONG
Translated by Mattias Daly

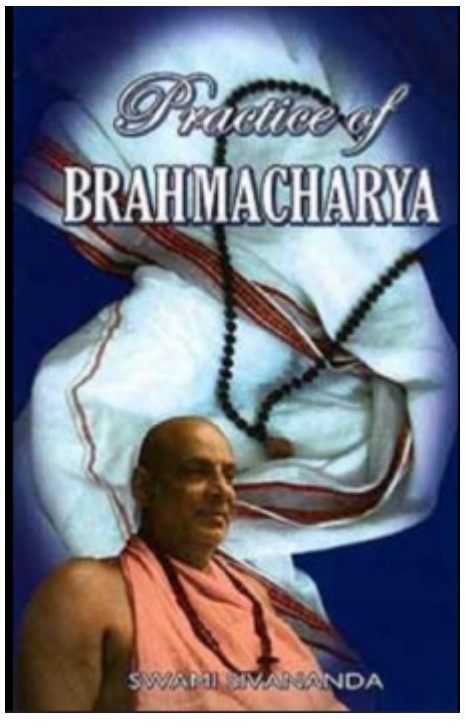

THE
GREAT
TAO
DR. STEPHEN T. CHANG

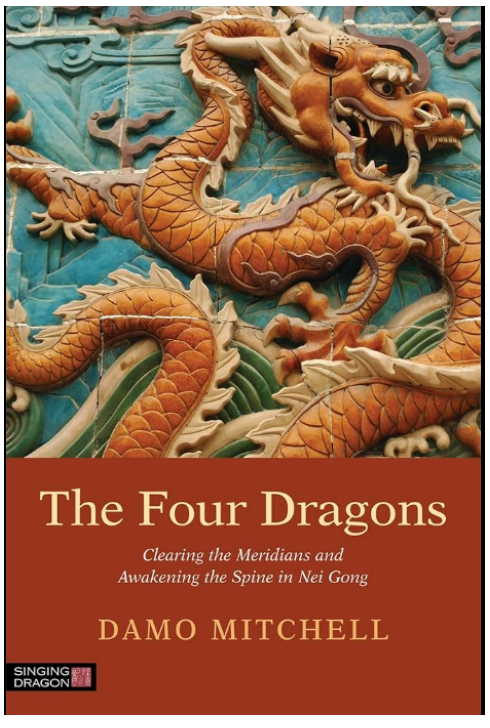

HANDBOOKS
FOR
DAOIST PRACTICE
修道手冊
【共十冊】
Louis Komjathy


INTERNATIONAL BESTSELLER
THE WAY
OF THE
SUPERIOR
MAN
20th
Anniversary
Edition
A Spiritual Guide to Mastering the Challenges
of Women, Work, and Sexual Desire
DAVID DEIDA

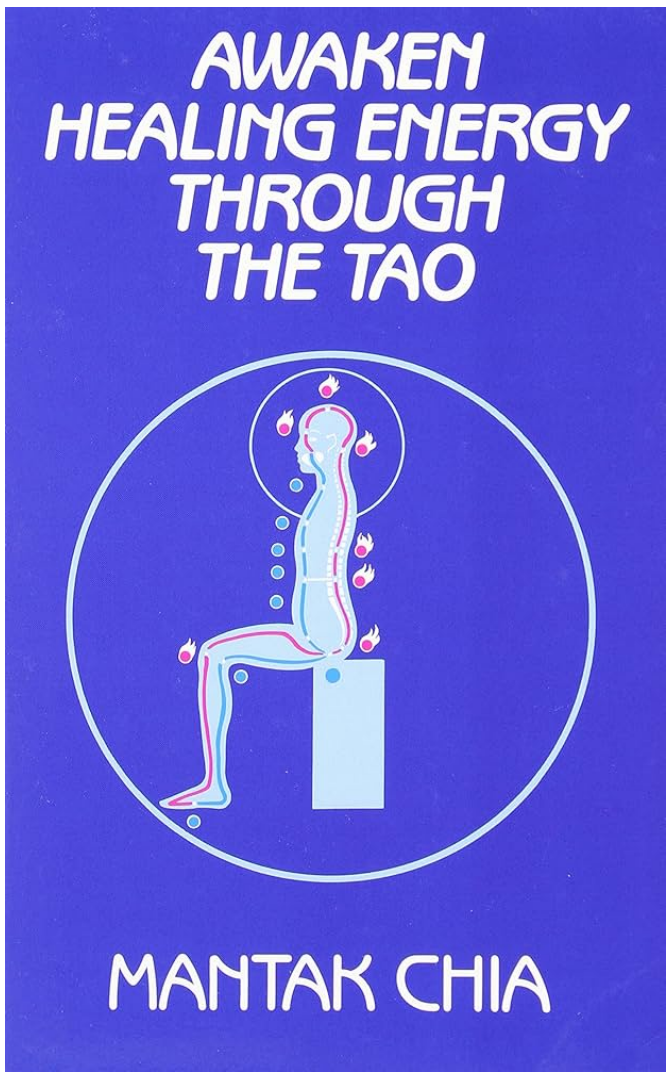

OVER 15 MILLION COPIES SOLD WORLDWIDE
THINK
and
GROW
RICH
THE LANDMARK BESTSELLER—
NOW REVISED AND UPDATED
FOR THE 21ST CENTURY
NAPOLEON
HILL

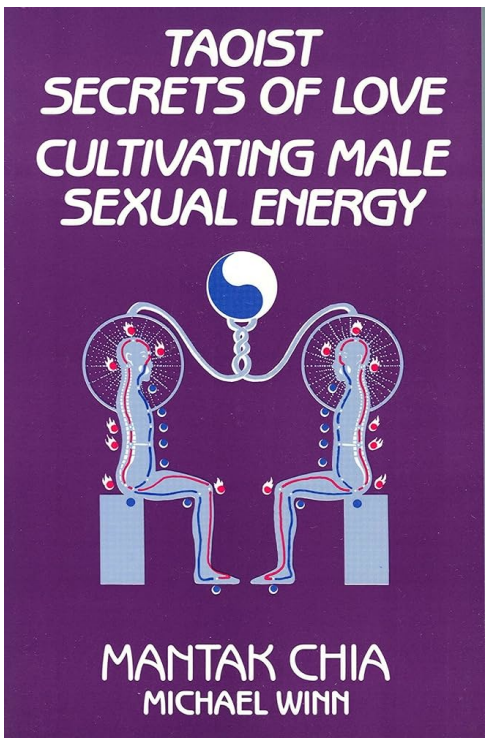

–KESSINGER'S LEGACY REPRINTS–
The Coiled Serpent
A Philosophy Of Conservation
And Transmutation Of
Reproductive Energy
C. J. Van Vliet


Practice of
BRAHMACHARYA
SWAMI SIVANANDA


The Four Dragons
Clearing the Meridians and
Awakening the Spine in Nei Gong
DAMO MITCHELL
SINGING DRAGON

very practical semen retention books : you can start with 1 How to awaken the healing energy of the tao by mantak chia , and after mastering the first book then 2 Taoist secrets of love and cultivating male sexual energy , afterwards study all of his other books for a starter before studying more advanced taoist books





Include Semen Retention in Your Practice

If you’re like most men, your first sexual experiences as a teenager likely involved masturbation. Repeated masturbation often conditions the body into a habitual pattern: genital stimulation, mental fantasy, building tension, and ejaculation. By the time many men begin having sex with women, they unknowingly repeat the same sequence they learned through masturbation. For them, sex becomes a road leading solely to ejaculation.

When a man lacks control over his ejaculation, he cannot fully connect with his partner—sexually or emotionally. A woman can sense this loss of control, and it may lead her to perceive him as depleted, weakened, and drained of his life force.

What Is Semen Retention?

Semen retention involves consciously avoiding compulsive ejaculation. Through this practice, men can break the habitual cycle and cultivate sexual energy. The Taoist method of **opening the microcosmic orbit** enables the recirculation of the semen’s vital components—hormones, proteins, vitamins, enzymes, minerals, and electrical energy—throughout the body.

When conserved and transmuted, this energy can lead to:

- A more fulfilling and vibrant sexual life
- Improved physical health
- Deep inner balance
- Heightened spiritual consciousness

By practicing semen retention, you unlock the potential to harness and redirect your sexual energy, fostering personal growth and deeper connections in all aspects of life.

END

The only thing you need to do in exchange for this complete guide is
put in the work to apply the knowledge. No gimmicks, no fluff—just actionable strategies. Follow them, and you'll find yourself effortlessly outperforming everyone else. This guide has all the tools; now it’s up to you to use them and dominate

the game. 😎